

# The **BOY** with **BIG, BIG** **FEELINGS**

by  
**BRITNEY  
WINN LEE**

Illustrated by  
**JACOB  
SOUVA**







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To Luke, with your big heart, for cultivating  
the big heart of our boy. Deeply, daily.

— B.W.L.









There once was a boy with feathery hair  
and a heart that was bursting with feeling.  
His emotions seemed bigger than everyone else's,  
and sometimes they made him go reeling.











When playing outside on the yellowest days,  
a loud truck might rumble on by.  
And wouldn't you know it, that big heart of his  
would push feelings right out of his eyes!







At night when the shadows would form on the walls  
and fear would steal all of his rest,  
those feelings of his made it so hard to breathe  
as they jumped up and down on his chest.













Sometimes when his play had to come to an end  
or when things didn't go as he'd planned,  
the feelings would run down the length of his arms  
and clench when they got to his hands.













He felt happy feelings as big as the others  
from tickles and hide-and-go-seek  
and jokes and races and stories and songs  
that made feelings glow from his cheeks.







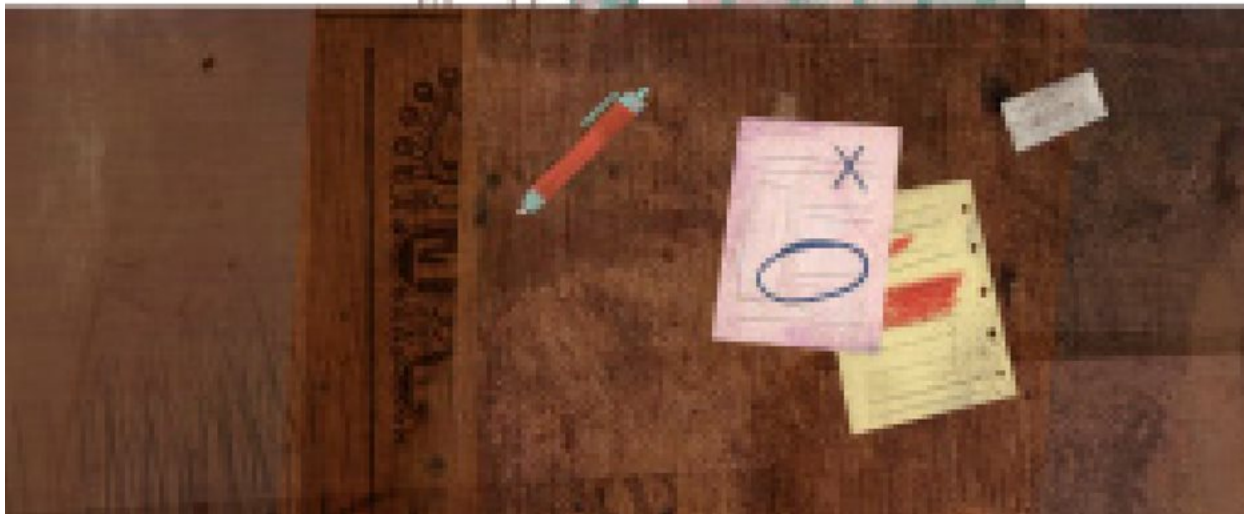
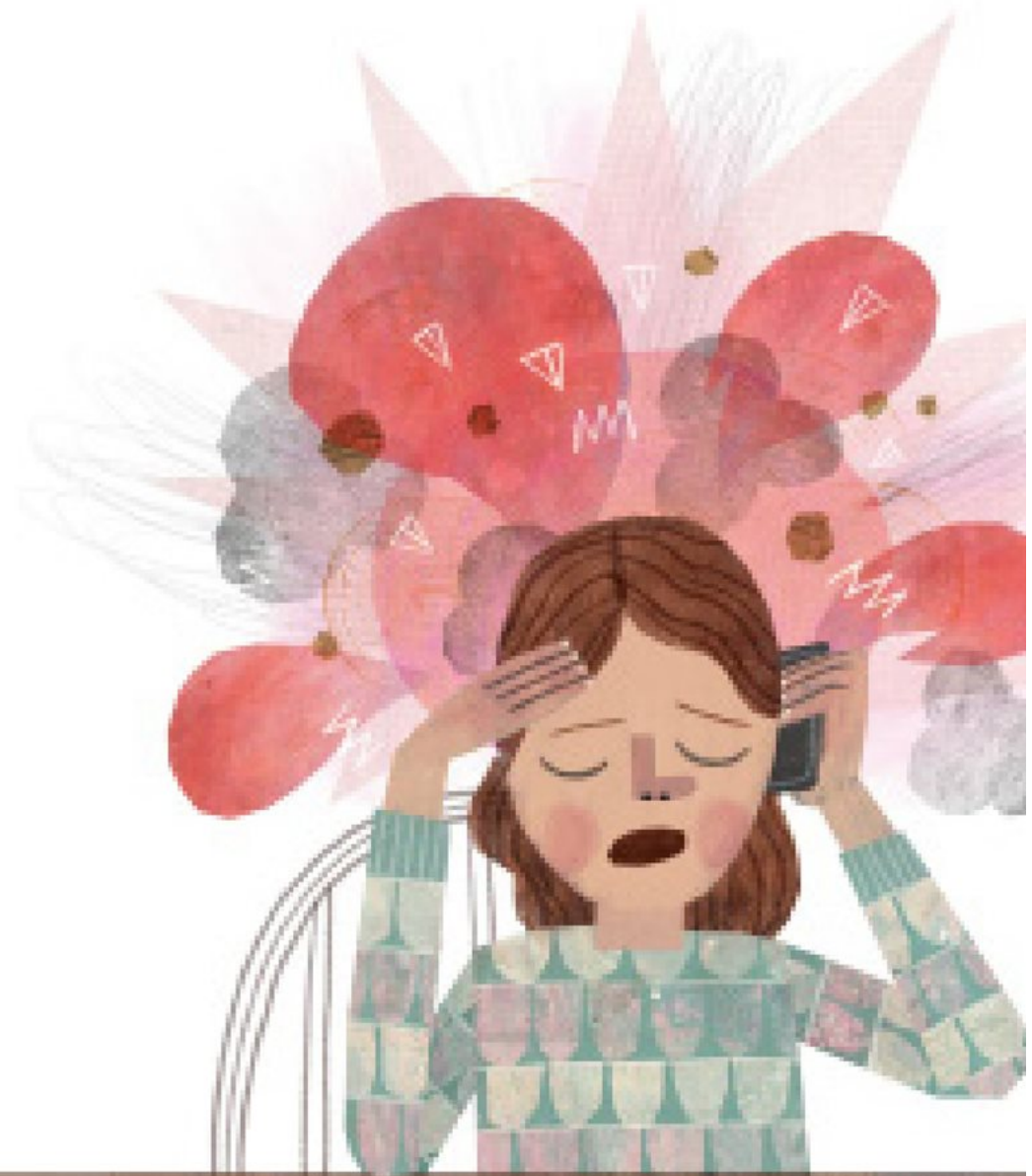




Beautiful things would stick in his brain  
and not leave him for hours and hours:  
the fur of a dog, a fluffy white cloud,  
his mama, a banjo, some flowers.











But when someone he loved had a very hard day,  
he'd feel he'd been over-equipped  
to feel all their feelings as deeply as they,  
which would quiver right out of his lip.

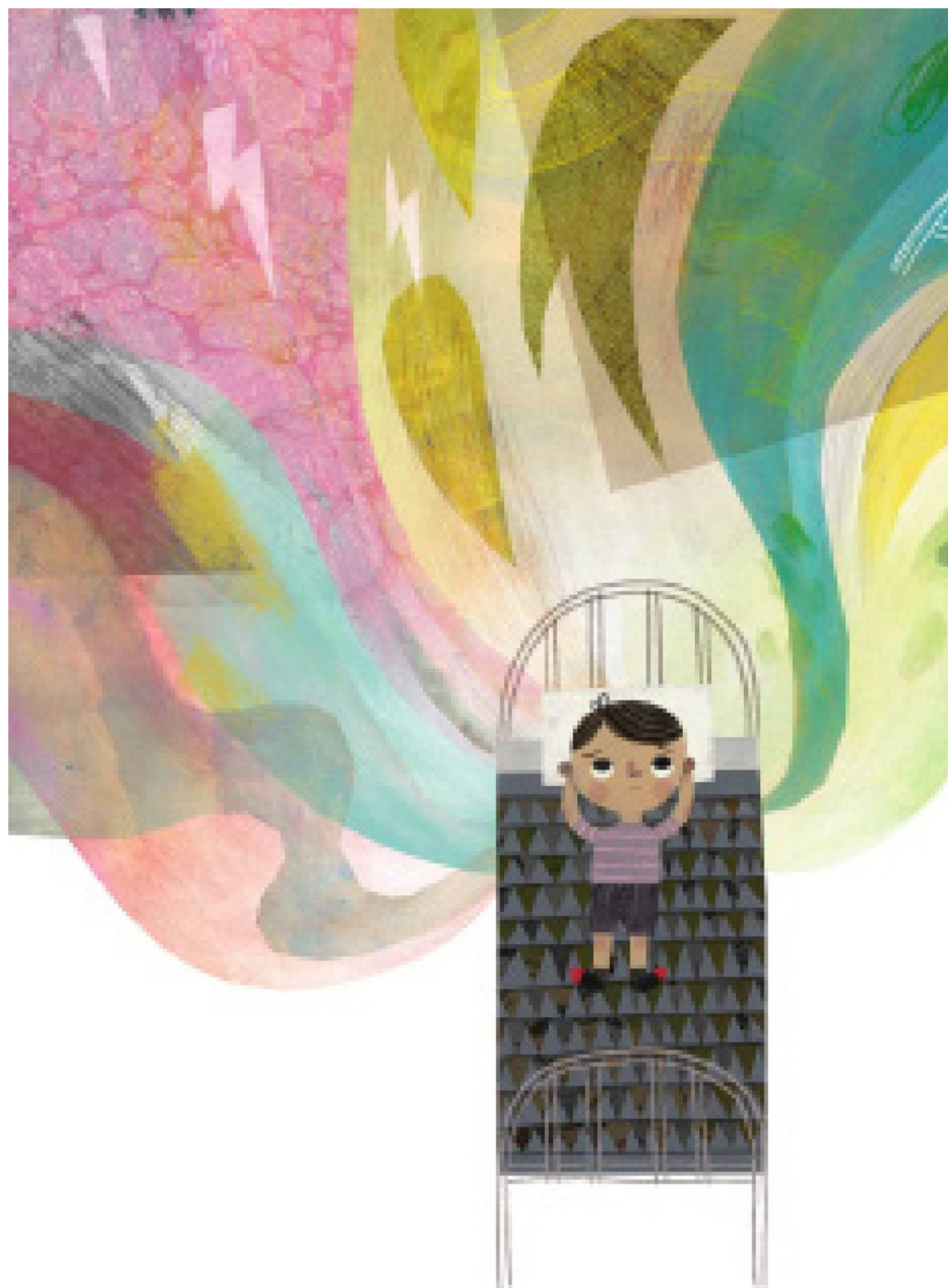






He wondered, "Why me? Why this big, giant heart  
in a world that's so heavy and kind,  
where all of the feelings under the sun  
feel as if they were made to be mine?"















So the boy tried to stuff all his feelings deep down,  
to control what he thought he should hide,  
afraid that the others would make fun of him  
if they saw all he felt deep inside.

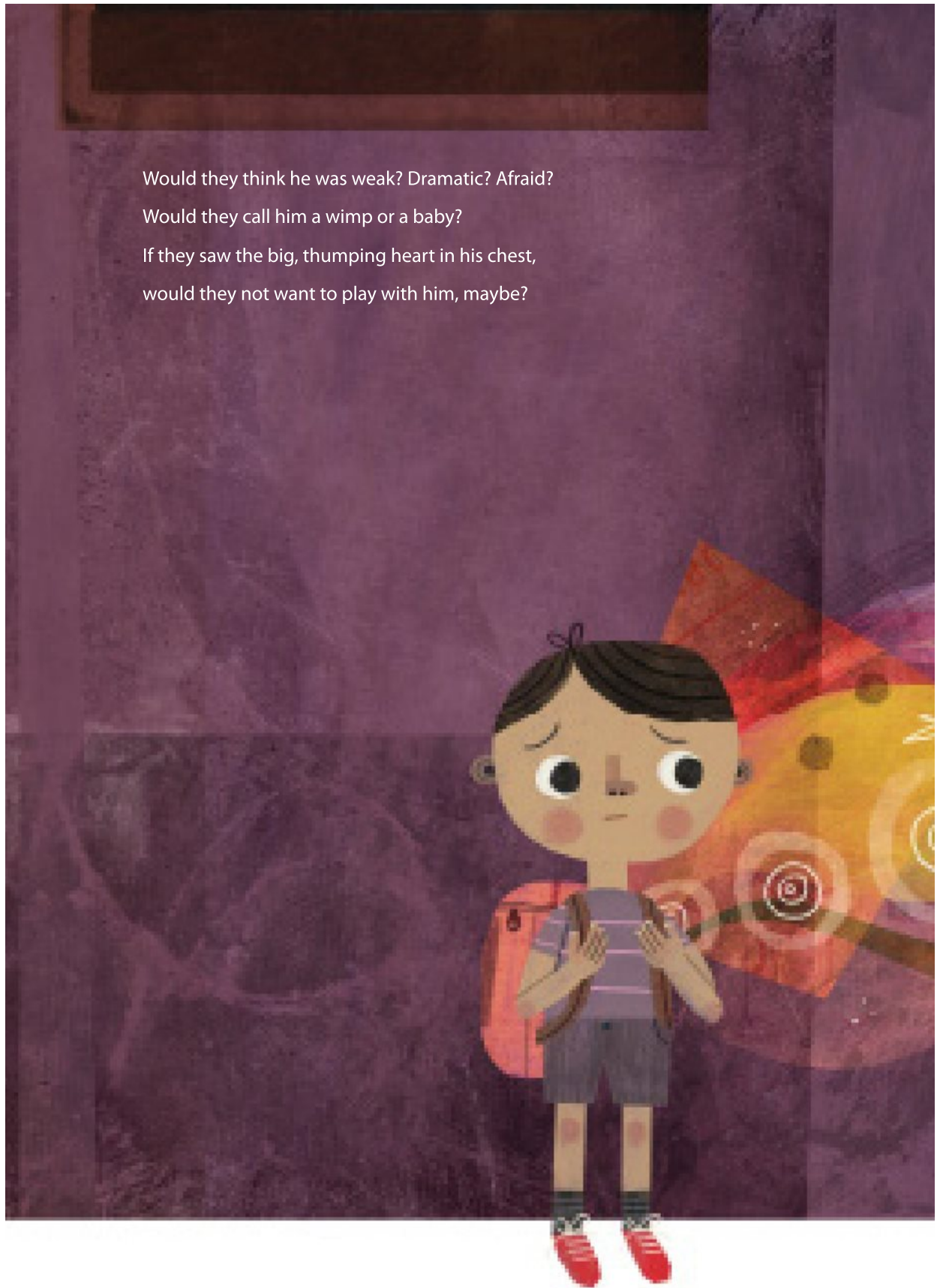




Would they think he was weak? Dramatic? Afraid?

Would they call him a wimp or a baby?

If they saw the big, thumping heart in his chest,  
would they not want to play with him, maybe?













But while swinging one day, feeling oh so alone,  
he noticed a girl feeling blue.





He marveled: What's that? Could it be? Yes, indeed!

Her emotions were extra big, too!



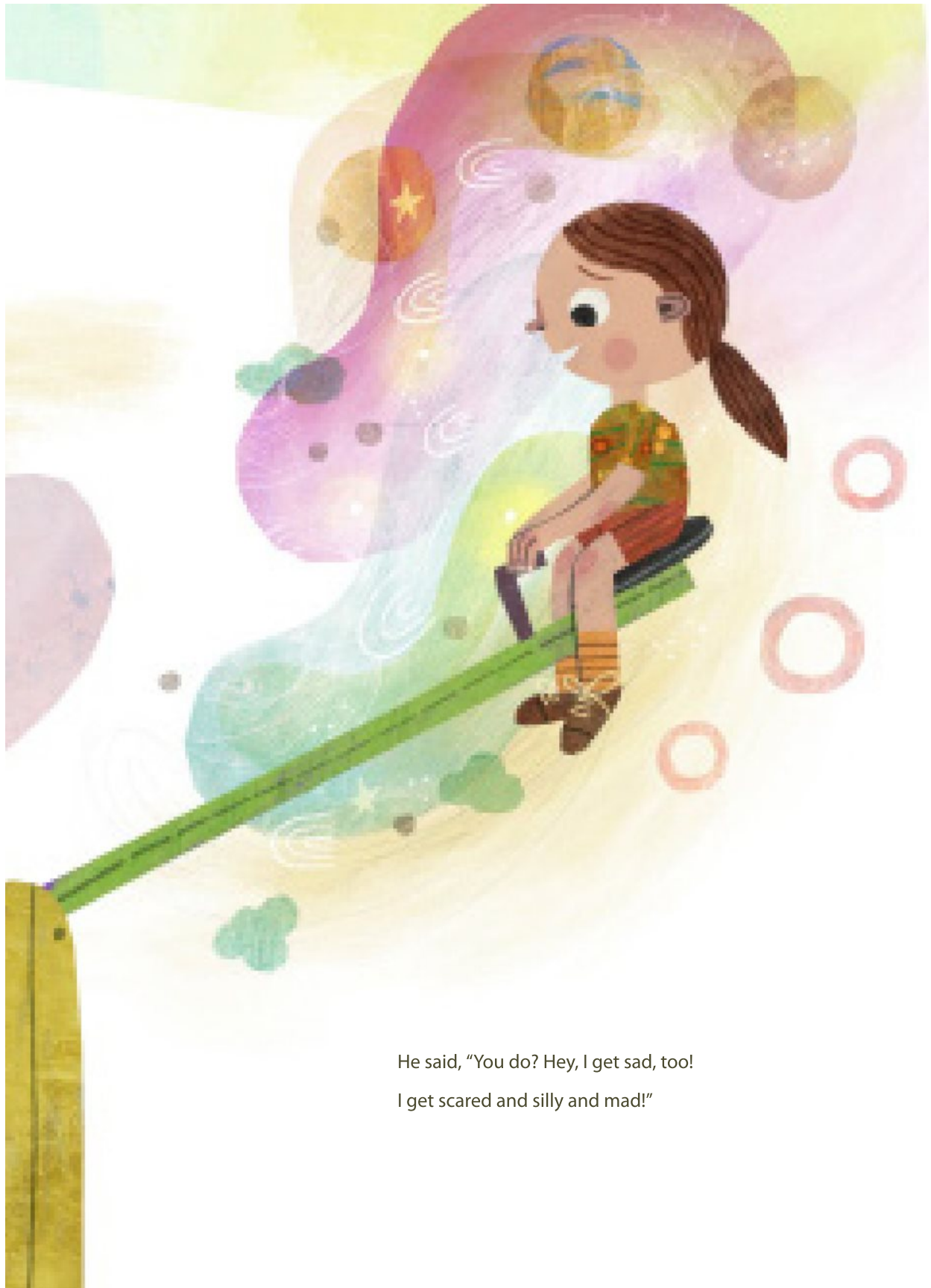
"Are you okay?" the boy asked the girl.

"I'm fine. Just, sometimes I get sad."







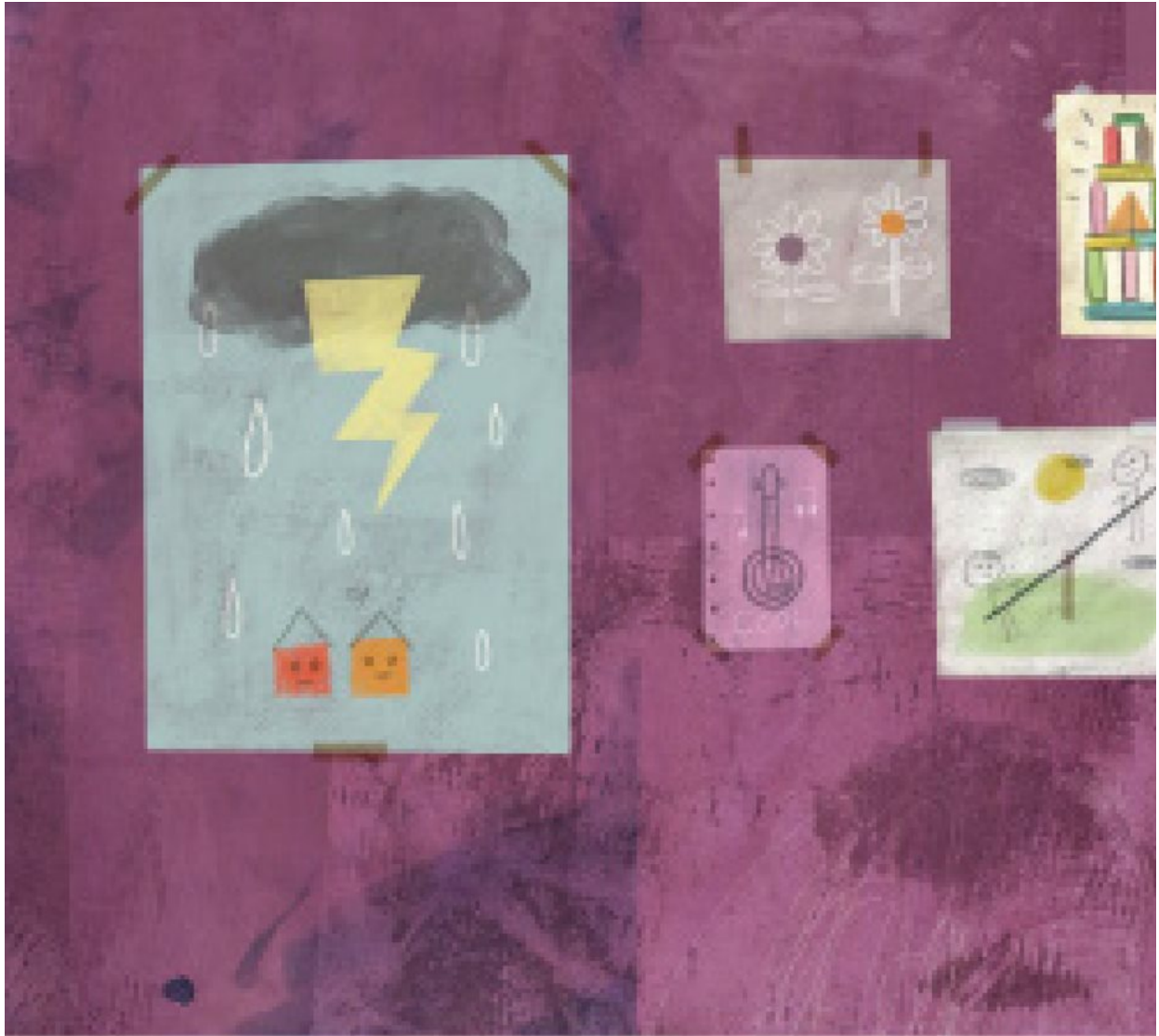


He said, "You do? Hey, I get sad, too!  
I get scared and silly and mad!"









The two became pals who shared their big hearts,  
not feeling they had to pretend  
when they needed to cry or to laugh big and loud,  
since feelings had helped make them friends!







And soon, they noticed there were other big hearts  
in the classroom, the playground, the bus,







and they smiled as they learned that it wasn't just them.

"Big emotions affect ALL of us!"





The boy and his friends slowly felt less alone  
with the feelings that lived deep inside them.  
Emotions might feel big and scary sometimes,  
but that is no reason to hide them!









# WHAT GOOD IS THIS BIG GIANT HEART?

Meet a boy with feelings so big that they glow from his cheek out of his eyes, and jump up and down on his chest. Worried rejection, he tries to hide his feelings from the other kids at school. When he meets a girl with big feelings too, he discovers that having big emotions is nothing to be ashamed of. Big feelings happen to all of us.

"Lee's rhythmic text saves space for the sensitive kids whose emotions rest just beneath the skin. And in welcoming us into those quiet and confusing emotional places, the story offers connection and companionship . . . here is a story for every reader and for that just-the-right child that needs to be seen."

— Matthew C. Winner,  
School Librarian and host of  
The Children's Book Podcast



"With creativity and heart, Britney V. Souza invites us to explore the world of our emotions and how they aren't always a part of our experience and control." — Aundi and Traudi

